

Workout #5584 - Thursday, 10 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	6:00 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
1,200	6:07 AM	16 x 75 on 1:10 3free 1IM--LONG UNDERWATER	EN1	S	FRM	0:47
1,200	6:27 AM	4 x 300 on 4:00 desc to all out	EN2	S	FR	0:40
1,000	6:44 AM	10 x 100 on 1:30 pull 25free 25 back	EN1	P	PAD	0:45
2,400	7:00 AM	1x{1 x 600 on 9:00 100stroke kick 100stroke swim	EN2	S	STK	0:45
		{2 x 300 on 4:30 75stroke kick 75stroke swim	EN2	S	STK	0:45
		{3 x 200 on 3:00 50stroke kick 25stroke swim	EN2	S	STK	0:45
		{6 x 100 on 1:30 25stroke kick 25 stroke swim	EN2	S	STK	0:45
200	7:37 AM	1 x 200 on 3:00 Free				0:45
	7:40 AM	6,400 Yards - Stress Value = 98				